To acquire contents prior to a distribution request from a client in a time zone having sufficient network bandwidth, and efficiently use network bandwidth. An access trends analysis handler analyzes access to contents by a client, a contents prediction handler predicts contents expected to be in demand in the future based on this analysis result, and a contents acquisition handler acquires the forecast contents in a time zone when there is sufficient network bandwidth. A contents deletion handler predicts contents in the acquired contents for which not much demand is expected from the client contents access trends, and deletes these contents. Due to this invention, a contents distribution apparatus can be provided which enables efficient use of network bandwidth and disk capacity.